

## Heat Injury Prevention Chart

### Fluid Replacement Guidelines for Warm Weather Training (Applies to average acclimated soldier wearing BDU, Hot Weather)

Heat Category	WBGT Index, °F	Easy Work		Moderate Work		Hard Work	
		Work/Rest	Water Intake, Qt/hr	Work/Rest	Water Intake, Qt/hr	Work/Rest	Water Intake, Qt/hr
1	78-81.9	NL	1/2	NL	3/4	40/20 min	3/4
2(Green)	82-84.9	NL	1/2	50/10 min	3/4	30/30 min	1
3(Yellow)	85-87.9	NL	3/4	40/20 min	3/4	30/30 min	1
4(Red)	88-89.9	NL	3/4	30/30 min	3/4	20/40 min	1
5(Black)	> 90	50/10 min	1	20/40 min	1	10/50 min	1

- The work rest times and fluid replacement volumes hydration volumes will sustain performance for at least
- 4 hours of work in the specified heat category Individual water needs will vary approx ¼ qt/hour.
- NL= no limit to work time per hour.
- Rest means minimal physical activity (sitting or standing), accomplished in shade if possible.
- **CAUTION: Hourly fluid intake should not exceed 1<sup>1/2</sup> quarts.**
- **Daily fluid intake should not exceed 12 quarts.**
- Wearing body armor add 5°F to WBGT Index
- Wearing MOPP overgarment add 10°F to WBGT Index.